

Spanakopita

Serves 2 + leftovers



Ingredients

- 450g spinach, chopped (defrosted if using frozen)
- ½ onion, finely chopped
- 1 clove garlic, finely chopped
- 150g feta
- 6 filo pastry sheets
- 2 tsp oil plus extra for brushing
- 1 tsp ground cumin
- zest of 1/2 lemon (optional)

Method

Preheat the oven to 200C. Heat the oil in the pan and add the onion and garlic and gently soften for about 5 mins. Add the spinach and cumin and continue to fry gently, stirring, until the moisture is cooked out of the spinach, another 5-10 mins. Crumble in the feta and mix with the spinach and lemon zest if using.

Separate out one sheet of pastry and brush with a little oil. Place another sheet on top so they stick together. Cut the two sheets in half lengthways to give two long strips. Put a dollop of the spinach mixture (about two tablespoons) in the bottom corner of one of the strips and fold that corner up diagonally to make a triangle shape. Keep flipping it up diagonally until you have a nicely wrapped triangular parcel. Trim any extra pastry off the end. Repeat until you have six parcels.

Put on a non-stick tray and lightly brush the tops of the parcels with oil. Bake for 10 mins or until golden.